

Facilitator Guide



Binge Drinking/Alcohol Poisoning/Fetal Alcohol Syndrome

Remember Your Job as Peer Ambassador:

- Make sure you display the meeting conversation **GROUND RULES** and cover them. This is the 4th slide in your PowerPoint Topic Awareness Presentation.
- You have 20 minutes for your group discussion. Elect a **timekeeper** who tells you when you have 5 minutes remaining.
- Your job is to keep the meeting focused and on track given the time allotted.
- Your job is to ensure that most discussion questions are covered and that **EVERYONE** who feels comfortable can contribute to the conversation.
- All opinions and points of view are accepted.
- Remember, based on personal experience, some people may get very emotional.
- Show **EMPATHY** with kindness in the tone of your voice.
- When people talk, try to help them stay on topic.

Slide 1: Introduce yourself and welcome members.

Slide 2: The topic we are covering today is Binge Drinking, Alcohol Poisoning, and Fetal Alcohol Syndrome.

Slide 3: READ SLIDE: REVIEW MEETING AGENDA

Slide 4: STATE: Before we start let's go over these ground rules:

- No phone use, please
- No side conversations
- All opinions accepted
- It's important to share
- Try to stay on topic

Slide 5: Let's begin our meeting with our clubhope™ Affirmation. Let's say the Affirmation out loud together.

- We respect and honor all opinions and feelings.
- It is okay not to talk but all are encouraged to participate when ready.
- No one is judged, we show respect and empathy for each other.
- No one is perfect, we all face problems, and we try to improve our situation one day at a time.
- I may come to learn that others are dealing with the same issue I face.
- It is understandable that some of us possess untold truths about the way we feel and what we have experienced.
- We gather to have meaningful conversations to recognize we are not alone.
- Seeking professional support can help me, there is no shame in asking for help.
- We want to help others and ourselves.
- Be Heard . . . Be Hope

Slide 6: Does anyone know what binge drinking is?

Slide 7:

- Binge drinking is generally defined as the consumption of a significant amount of alcohol in a short period of time, resulting in a blood alcohol concentration (BAC) that exceeds a certain threshold.
- According to the American Addiction Centers, signs of binge drinking include:
 - Drinking 5 or more drinks in 2 hours for men
 - Drinking 4 or more drinks in 2 hours for women

Slide 8: Here are the key signs of binge drinking:

- Visible Intoxication:
 - Slurred speech
 - Unsteady gait
 - Stumbling
 - Impaired coordination.
- Behavioral Changes:
 - Excessive laughter
 - Loud talking
 - Aggressiveness

Slide 9:

- Memory Impairment
 - Difficulty recalling events that occurred while they were intoxicated.
- Blackouts
 - Unable to remember parts of actions or experiences during the drinking episode.
- Vomiting or nausea
- Bloodshot eyes
- Loss of Inhibition that can lead to risky behaviors
- Unconsciousness due to alcohol poisoning
- Hangover Symptoms:
 - Headaches
 - Dehydration
 - Fatigue,
 - Sensitivity to light and sound.

Slide 10: If you binge drink there are strong chances you will experience the ramifications such as:

- Unintentional injuries due to a loss in motor control and coordination
 - Motor vehicle accidents & fatalities
- Violence:
 - Sexual assault
 - Homicide
 - Suicide
 - Intimate partner violence
- Sexually transmitted diseases
- Alcohol poisoning and brain damage
- Unintended pregnancy, fetal alcohol spectrum disorders, and stillbirth
- Chronic diseases:
 - High blood pressure
 - Stroke,
 - Heart disease
 - Liver disease
 - Memory and learning problems

Slide 11: So, what exactly is alcohol poisoning?

Slide 12:

- Alcohol poisoning is the serious and sometimes fatal consequence of drinking large amounts of alcohol over a short period of time.
- An individual suffering from this condition requires immediate medical attention.

Slide 13: Did you know that you can easily die from alcohol poisoning?

According to the CDC:

- An average of **6 people die of alcohol poisoning each day** in the United States.
- This accumulates to an average of 2,200 alcohol poisoning deaths in the United States each year.

Slide 14: Here are the signs for you to look out for if you or a friend gets alcohol poisoning that requires immediate medical attention:

- Confusion

Binge Drinking/Alcohol Poisoning/Fetal Alcohol Syndrome

- Vomiting
- Seizures
- Shallow, slow, and/or irregular breathing
- Pale or blue hued skin
- Hypothermia (low body temperature)
- Unconsciousness (unable to be awakened)

Slide 15: If someone has alcohol poisoning don't let them sleep it off. Medical services need to arrive immediately.

Call 911 immediately. Alcohol poisoning cannot be "slept off." Emergency medical intervention is necessary and time is of the essence. Don't be afraid that a parent will find out. A parent would always want you to call 911 instead of doing nothing.

They would always want to have a living child versus one who died because no immediate action was taken.

Inform emergency personnel about the circumstances surrounding the individual's condition.

- How much alcohol did they drink?
- What type of alcohol did they drink?
- When did they drink it?
- What have you observed about their condition? Has anything changed?

Slide 16: Good Samaritan Law protects people assisting in an emergency overdose situation from arrest, as well as prosecution, for certain crimes.

The purpose of the law is to encourage any person, regardless of age, who experiences or observes a medical emergency caused by the ingestion or use of alcohol or other drugs to seek medical assistance without fear of arrest or prosecution for:

- Possessing or using a controlled dangerous substance
- Possessing or using drug paraphernalia
- Providing alcohol to minors
- The Good Samaritan Law applies to any person who seeks, provides, or assists with the provision of medical assistance as the result of a person ingesting or using alcohol or drugs.
- It also applies to the victims if the victims receive assistance because someone else sought assistance for them.

Slide 17: If someone has alcohol poisoning do this before emergency services arrive if they are on the ground.

- Talk to the individual and try to keep them awake to prevent a loss of consciousness.
- **Do not leave the individual alone, especially if they are unconscious.**
- Alcohol poisoning inhibits the function of the gag reflex.
- Someone with alcohol poisoning is at high risk of choking on their own vomit and blocking their airway. **Therefore you should not attempt to make the person vomit while waiting for emergency assistance to prevent choking.**
- Keep the person sitting up. If they have to lie down, ensure that they are laying with their head turned to the side to prevent choking using the **Recovery Position.**

Slide 18: These are the consequences of alcohol poisoning you can experience:

- Seizures
- Hypothermia
- Severe dehydration
- Choking
- Unconsciousness
- Brain damage
- Death

Slide 19: What Is Fetal Alcohol Syndrome (FASD)?

- Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person who was exposed to alcohol before birth.
- These effects can include physical problems and problems with behavior and learning.

Slide 20: The physical defects of a child born with a mother who drinks excessive alcohol include:

- Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a child who was exposed to alcohol before birth.
- Physical defects may include:
 - Distinctive facial features:
 - Small eyes,
 - Exceptionally thin upper lip

- Short, upturned nose
- Smooth skin surface between the nose and upper lip
- Deformities of joints, limbs and fingers

Slide 21: Physical defects may also include:

- Slow physical growth before and after birth
- Vision difficulties or hearing problems
- Small head circumference and brain size
- Heart defects and problems with kidneys and bones
- These effects last a lifetime, there is no cure!

Slide 22: People find many healthy alternative ways to enjoy life without drinking. Here are some good practices:

- Physical Activity to create endorphins and reduce stress.
- Creative Hobbies to channel energy into something productive and enjoyable.
- Reading offers a healthy way to escape and unwind.
- Volunteering provides a sense of purpose, helps others, and allows teens to connect with like-minded individuals.
- Learning a New Skill like cooking, coding, photography, or a foreign language, can be fulfilling and enhance cognitive abilities.
- Socializing spending time with friends and family to build strong relationships and develop social skills.
- Mindfulness and Meditation to aid in managing stress and improving emotional well-being.
- Yoga combines physical activity with mindfulness.
- Journaling provides a safe outlet for emotions, thoughts, and self-reflection.

Slide 23:

- Outdoor Activities such as hiking, biking, or simply going for a walk can be refreshing and encourage a healthy lifestyle.
- Cooking Healthy Meals is a fun and valuable skill that promotes physical well-being.
- Joining Clubs or Groups aligned with personal interests can provide a sense of belonging and connection.

Slide 24: Read off the slide

Slide 25: Read off the slide

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Slide 26: Okay, it's time to talk about this subject as a group. I am going to ask the group some questions and I would like people to weigh in on what I am asking.

Slide 27: FACILITATE GROUP DISCUSSION (LOOK AT CLOCK TO DETERMINE HOW MUCH TIME YOU HAVE - THIS DISCUSSION IS SLATED FOR 20 MINUTES)

Slide 28: We had some great conversations on today's Topic Awareness Presentation. I would like you to please follow clubhope™ on Instagram.

Slide 29: COVER: (ANY CLUB FUNDRAISER, BUSINESS OR OTHER ACTIVITIES. ASK FOR VOLUNTEERS. WRITE DOWN WHO IS DOING WHAT AND BY WHEN)

STATE: DATE AND TIME OF NEXT CLUB MEETING.

Slide 30: Thank you for today!

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